Opal Jordan Interview:

Blacksmith shop built about 1865—still in use. Built by Daniel Mc McMillan. Now owned by William Johnston.

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Original Research in Medicine and Chemistry

Dear Doctor:

Mens sana in corpore sano (a healthy mind in a healthy body) is an age-old maxim. And mounting evidence bears testimony to its truth, expecially for patients with moderate depression and anxiety.

In a review of clinical studies, one author concluded that a program of aerobic exercise was clearly associated with improved outlook in these patients.* As adjunctive therapy, and after appropriate psychological and medical evaluation, it seemed reasonable to encourage patients to follow a program of supervised, gradually increasing exercise.

Most important, to quickly clear depression and anxiety along with associated somatic complaints, prescribe Limbitrol® (chlordiazepoxide and amitriptyline HCl/Roche) CIV. It offers a fast and effective means of brightening mood.

Improvements in sleep are often immediate following h.s. dosing in selected patients. What's more, somatic complaints such as nausea, poor appetite and headache are dramatically relieved within the first week. In fact, the pace of recovery is notably better than with amitriptyline alone: 62% of a total four-week improvement occurred in the first week with Limbitrol versus just 44% with amitriptyline.

Caution patients about the combined effects with alcohol or other CNS depressants, and about activities requiring complete mental alertness, such as driving or operating machinery. In general, limit dosage in the elderly to the lowest effective dose. Please see additional details and references, plus complete product information, in the enclosed brochure.

Look for future mailings in this continuing series on the benefits of Limbitrol and exercise for the depressed and anxious patient.

AND SEND FOR YOUR FREE LIMBITROL GOLFSCAPE, "THE 18TH HOLE AT PEBBLE BEACH." See the enclosed information and reply card.

Sincerely,

Howard E. Rofsky, M.D.
Assistant Director
Professional Services

16-04-6100-001-046

HER/kkb

*Mellion MB: Postgrad Med 77(3):59-98, Feb 15, 1985.